



August
2013



Centennial Recreation Senior Center
171 W. Edmundson Ave., Morgan Hill
Activities and Special Events for Adults 50+

Hours:
8 am-3 pm
Contact us: 782-1284

Other Fitness Programs	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Senior Center is part of a larger multigenerational facility, partnered by the City of Morgan Hill and the Mt. Madonna YMCA. In addition to the programs being offered at the Senior Center, the Centennial Recreation Center (CRC) offers a wide array of fitness and aquatic programs for all ages. Visit the front desk of the CRC or the Senior Center for a listing and description of fitness programs.		<u>Monday's Ongoing Programs</u> Outdoor Walking (call for times) 50+ Pilates 10 am Bingo 10:30 am Exploring your Tablet or Smartphone 10am Drop-in Card 1 pm 50+ Functional Fitness 1pm Duplicate Bridge 6:20 pm	<u>Tuesday's Ongoing Programs</u> Arthritis Foundation Exercise class 10 am 50+ Aerobics 10 am Chair Yoga 10:30 am Information and Assistance 10:30am Line Dancing 1 pm Drop-in Cards 1 pm Pegs and Jokers game 12:30pm 	<u>Wednesday's Ongoing Programs</u> Outdoor Walking (call for times) Scrabble 10 am Bingo 10:30 am Zumba Gold 10:30am Arthritis Foundation Tai Chi 9:30am Computer Co-Pilots 12pm Laptop Users 12 pm Wii Bowling 12:45 pm 50+ Functional Fitness 1 pm Drop-In Cards 1 pm	<u>Thursday's Ongoing Programs</u> Scrapbooking 9:30 am Knitting 10 am 50+ Aerobics 10 am Bingo 10 am 50+ Yoga 10:00 am Sing-along 11am (2nd and 4th Thursdays) Karaoke 3rd Thursday Drop-In Cards 1 pm Mexican Train Dominoes 12:30pm 50+ Pilates 2:15 pm	<u>Friday's Ongoing Programs</u> Outdoor Walking (call for times) Arthritis Foundation Exercise Class 10 am Information & Assistance 10:30 am Drop-in Card Games 1:00 pm 50+ Functional Fitness 1 pm	
Summer Vacation							
Everyday at the Senior Center							
The Daily Grind Coffee, Pastries, Newspaper, TV, Puzzles, Cards in the Senior Center Lobby Weekdays 8am-3pm							
Games and More Billiards, Air Hockey, Ping-Pong, Foosball Weekdays 8am-3pm							
Free Computer Use with Access to Wi-Fi Weekdays 8am-10pm (50+ Age specific hours weekdays 8am-3pm)							
Morgan Hill Senior Café Lunch served weekdays at 12 pm Sign-in by 11:30am							
	4	5	6 Bingo @CCC 6:30pm	7 Mwamba Children's Choir 11:20am Volunteer session for Produce Market 10am 	8 Sing Along 11am	9 HICAP 9am—12pm	10
	11 Duplicate Bridge (extra game) 12pm-5pm	12 	13 Hearing Screening (By Appt) 10:30am Music by Ellie Sanford 11am SALA (by appt) Bingo @CCC 6:30pm	14 CRC Produce Market begins! 10am-12pm in the CRC Lobby 	15 Karaoke 11 am Blood Glucose/Cholesterol/Pressure screening 10am 	16 Birthday Celebration! Music/Dancing w/Fred Schulze 11am Movie Matinee 1:00 pm "Footloose" 	17
	18 Duplicate Bridge 12 pm-4pm	19 Presentation by Liz Strotman from Regional Medical Center on "Heart Health" 11:30am 	20 Bingo @ CCC 6:30pm Dementia Caregiver Support Group 6pm	21 	22 Sing Along 11am SALA (by appt)	23 Western Day at the Café Corral 11:00 am HICAP 9am—12pm Coffee w/the Mayor 11:30am 	
	25		27 "Derby Days" in the Café 11am Bingo @ CCC 6:30pm	28	29	30	31



Upcoming Day Trips....by Kanen Tours
Join us in the coming months for 2 more fun-filled day trips!

Santa Cruz Follies

September 12, 9:30am-4:30pm, \$89 per person

Enjoy a day in Santa Cruz as we begin with a delicious lunch at the “Ideal Bar and Grill”. Stroll along the Santa Cruz Beach Boardwalk and the new Monterey Bay Marine Sanctuary. Afterwards, savor this year’s production, “Those Magical Musical Moments...Remembering Moments Time Can’t Erase”.

Lifestyles of the Rich and Famous in San Francisco
October 29, 8:00am-6:00pm, \$110 per person

Let’s start the day with a tour by step-on guide, Gary Holway and explore the lifestyles of San Francisco’s wealthiest people and the “Old Nouveau Riche”. Gary will share tales of history, gossip and scandals. Then, we’ll dine at the luxurious Palace Hotel which will be followed by a guided tour of this majestic hotel and the magnificent automobile collection at the Academy of Art University Automobile Museum.

MWAMBA CHILDREN’S CHOIR

Come and join us in a performance by the **Mwamba Children’s Choir** on **August 7, at 11:20am** in the Senior Café. This choir, which is made up of 12 children who between 8-15 years, is touring in the US through the “Music Changes Lives” tour. The Choir’s purpose is to create awareness about the underprivileged children in Uganda and to build a self-sustainable village. The choir sings songs of hope and inspiration in many different languages.

Have you ever wondered about the history and origin of the infamous Poppy Jasper? If you want to hear more about the geology of Morgan Hill, then join us for “**Geologic Enigmas and Curiosities of Morgan Hill**”, presented by Peter Anderson, a local Geologist on **September 25 and October 2** from **9:30am-12:30pm**. (\$20 per person)



Senior Produce Market is Coming to the CRC!

In partnership with Episcopal Senior Communities, the Department of Public Health and the Health Trust, the YMCA is getting its very own produce market at the CRC! While the intention is to provide produce that is accessible and affordable to older adults, this market will be open for all ages. The market will run all year long!

Every Wednesday from 10am-12pm
Centennial Recreation Center Lobby
(beginning August 14th)

- **Produce will be sold at cost—no mark up!**
- **Wide selection of seasonal fruits and vegetables**
- **Indoor Market**
- **Free re-useable bags**
- **Easy access**
- **Recipes to match the produce of the day**

Volunteers are needed to help with set-up, bagging and selling produce and clean-up. Interested volunteers are invited to attend an informational session on August 7th at 10am in the Senior Center.

See the Senior Center Front Desk for more info.

Pickleball???

Despite its funny name, Pickleball is all the rage with older adults on the East Coast. So, let’s get some Pickleball going in Morgan Hill!

Pickleball is a fusion of tennis, ping pong, and badminton. The game is played on a badminton court, however the net is lowered to 3 feet. Play takes place closer to the net than in other racquet sports and players use wooden paddles and a wiffleball. Like tennis, this sport can be played by two or four players.

Beginning September 9th, Pickleball will be played in the CRC Gymnasium on Mondays from 8am-11am. Lessons for beginners will be taught from 8:30am-9am. Free for CRC members, \$8 drop-in.



BIRTHDAYS! LET’S CELEBRATE THIS MONTH ON THE 19TH AT 11 AM IN THE SENIOR CAFÉ!

Leila Aris-Osler
Laila Austefjord
Marilyn Blaustein
Sabina Bueno
Charles Caamano
Mitzi Caamano
Cecilia Castaneda
Marlene Cox
Eugene Cypriano
Moling Daniels
Maryann Elliott
Larry Garner

Victor Goehner
Della Grifall
Rose Hernandez
Rosemary Hiltz
Elizabeth Hsu
Betty Hutton
Jackie Johnson
Helen Kosier
Evelyn Lemene
Lillian Lopez
Rosemary Mason
Beatrice McDonald

Doris Menendez
LaGina Metcalf
Donna Meyer
Lilyanne Meyer
Jim Pride
Jo Pyzak
Gwen Reandeu
Leona Reif
Barbara Rizzo
Hope Rusler
Charles Sanders
Mary Lee Sauer

Joan Treadway
Mary Trimble
Amy Whalesby
William Whitmore
Kathie Wiegant
Katryna Williams
Sumiko Yasukawa
Alberta Young
Dorothy Young

CENTENNIAL RECREATION

SENIOR CENTER

171 W. EDMUNDSON AVENUE

MORGAN HILL, CA. 95037

(408)782-1284

www.mhcrc.com



"A place where older adults thrive as members of a community created for all ages."



Senior Adults Legal Assistance:

Available on the **2nd Tuesday and the 4th Thursday (August 13th & 22nd)** of this month by appointment only 1:30 - 3:30 pm. (Legal counsel in Spanish available) Free

Health Insurance Counseling:

Available on the **2nd & 4th Friday** of **August (9th & 23rd)** by appointment only, from 9am-noon. Next appointments are: **September 13th & 27th**. Free

Dementia Caregiver Support Group:

Available on the **1st Friday** of every month at 2:00 pm and the **3rd Tuesday** of each month at 6:00 pm; next meetings are **August 2nd & August 20th**. Facilitated by Tiffany Mikles, Dementia Care Coach. Drop in: \$5.00

Blood Glucose/Cholesterol Screening/ Blood Pressure:

Available on the following Thursday from **10:00-11:30 am August 15th by appointment**. Facilitated by Sister Rachela of St. Louise Hospital. Free.

Hearing Screenings and Hearing Aid Cleaning:

Available on the **2nd Tuesday** of the month from 10:30am-12pm by appointment. Next appointment is: **August 13th**. Facilitated by Miracle Hearing Center. Free.

Senior Peer Advocate/Information and Assistance:

The Senior Center provides information regarding support services and resources available to South County older adults and caregivers. Meet with a trained volunteer on **Tuesdays** and **Fridays** from 10:30am to 12:30pm by appointment or drop-in.

Derby Days are here!

And they’re off! Come to the Morgan Hill Downs and join us for some fun with our NEW Morgan Hill Derby game! This is a game that everyone in the Café will enjoy playing.

When: Tuesday, August 27th, at 11am
Where: in the Senior Café



Have you enjoyed your monthly visits with Mayor Tate? Then, don’t forget to join us for **Coffee with the Mayor** on **August 23rd** at 11:30 am. Share a conversation with him or just enjoy a cup of coffee in the Senior Café.



WESTERN DAY!



Dust off those cowboy boots and polish those spurs! Make your own Ice Cream Sundaes right after lunch at 12:30 pm for \$1.50! **Friday, August 23rd at 11:00 am in the Senior Café.**

Everyone is welcome to our next **Artist Reception** on **August 2nd** in the Senior Center Lobby from **4pm-6pm**. Join us in showcasing our watercolor talent from Karen Hegglin’s Monday class. They have worked hard to show us some of their best. Interested in trying out the class? It meets on ongoing Mondays from 1-4pm in the Multipurpose Room beginning September 9.



OUTREACH Transportation: OUTREACH assists seniors with transportation accessibility. OUTREACH services may be used to access the Centennial Recreation Senior Center. Contact the Senior Center at (408) 782-1284 or OUTREACH at (408)436-2865 to obtain an application.

Hours: 8:00 am-3:00 pm

Susan Fent-Director of Senior Programs/Services
Denise Melroy-Program Coordinator
Alison Comerford-Program Assistant

Contact us: 408 782-1284

Cecelia Mathews-Program Assistant
Sandra Madriles-Cook
Hilda Rosales-Kitchen Aide

